

30 DAY PAWGUST CHALLENGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>YOU GUYS ARE PAWsome! You've committed to walking 30 mins a day for 30 days to supPAWt Guide Dog puppies in training. Put your PAWS together PAWlease and here we go....</p>			<p>1. Tails are wagging! Put your paws to the pavement today!</p>	<p>2. You have started on the most rewarding, healthy, active, beneficial and challenging charity event of 2019!</p>	<p>3. A pack that walks together, stays together. You've got this!</p>	<p>4. PUPdate all your PAWsome friends and remind them to give!!</p>
<p>5. You are the leader of the pack and your dog is relying on you. Get out there!</p>	<p>6. Make sure you get some great PUParazzi shots and share them with all your family and FURiends.</p>	<p>7. High fives! 7 day walking streak!</p>	<p>8. Share your first week experiences and ask for donations of supPAWt.</p>	<p>9. We're howlin' for you! Your PAW-GUST community can be found here— #PAWGUST2019 </p>	<p>10. Belly scratches all round! You're 1/3 of the way there!</p>	<p>11. EmBARK on a fun weekend adventure today!</p>
<p>12. Take the lead and start the week strong!</p>	<p>13. Be the best human and go for an extra-long walk today.</p>	<p>14. Fetch for donations of supPAWt from your nearest and dearest.</p>	<p>15. No digging yourself out of this hole, you signed up for a reason and now you're halfway!</p>	<p>16. Was today a bit ruff? Share your experiences with the PAWGUST community and we will help you get through!</p>	<p>17. Who let the dogs out? Today, consider going on a walk somewhere you've never been!</p>	<p>18. Look at those sad puppy eyes? We know it's Sunday but you will both feel so much better after a walk! PAWromise!</p>
<p>19. Throw me a bone here! Ruff Day passes available this week only.</p>	<p>20. We know it's starting to get a bit ruff out there but you've got this!</p>	<p>21. Has it been PAWring rain? Tell your network about your experiences and remind them to give!!</p>	<p>22. Instead of watching The Bachelor, login to your dashboard and update your paws walked!</p>	<p>23. PAW-uffed out yet? There's still a couple of days to purchase your Ruff Day pass.</p>	<p>24. Put your best paw forward today. You've only got 7 more days to go! So close!</p>	<p>25. Why not do a different form of exercise today? Downward dog anyone?</p>
<p>26. The final count-down! This is it! You can do it! Last week of PAWGUST is here!</p>	<p>27. Don't PAWget to remind your FURiends to give!</p>	<p>28. Dig deep and think about all the Guide Dog pups in training today.</p>	<p>29. PAWlease do a howl out to your FURiends! Share your experience with them. ONE MORE DAY!</p>	<p>30. You are unPAWlievable! A huge tail wagging, cheek licking, belly scratching well done to you!</p>		

Thank you for the bottom of our paws. You have helped supPAWt our Guide Dog puppies currently in training who will one day give confidence and freedom to a member of your community.